

# FITNESS

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## Exercise and Weight Control

Just about everybody seems to be interested in weight control. Some of us weigh just the right amount; others need to gain a few pounds. Most of us “battle the bulge” at some time in our life. Whatever our goals, we should understand and take advantage of the important role of exercise in keeping our weight under control.

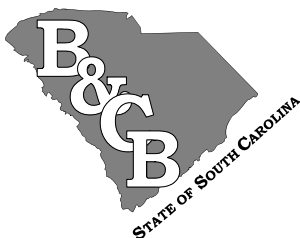
Carrying around too much body fat is a major nuisance. Few of today’s occupations require vigorous physical activity and much of our leisure time is spent in sedentary pursuit. Recent estimates indicate that 34 million adults are considered obese (20 percent above desirable weight). Also, there has been an increase in body fat levels in children and youth over the past 20 years. After infancy and early childhood, the earlier the onset of obesity, the greater the likelihood of remaining obese.

One thing is certain, most people do not get enough exercise in their ordinary routines. All of the advances of modern technology – from electric can openers to power steering have made life easier, more comfortable and much less physically demanding. Yet, our bodies need activity, especially if they are carrying around too much fat. Satisfying this need requires a definite plan and a commitment. There are two main ways to increase the number of calories you expend:

1. Start a regular exercise program if you do not have one already.
2. Increase the amount of physical activity in your daily routine.

The best way to control your weight is a combination of the above. The sum total of calories used over time will help regulate your weight as well as keep you physically fit.

Before looking at what kind of regular exercise program is best, look at how you can increase the amount of physical activity in your daily routine to supplement your exercise program. Add gardening, social dancing, joining a sport team or including more walking to your daily activities. This can help boost the amount of exercise you receive. These little bits of action are cumulative in their effect. Alone, each does not burn a huge amount of calories, but when added together they can result in a sizable amount of energy used over the course of the day.



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